

On My Body

拍数: 64 墙数: 4 级数: Improver
编舞者: Jonathan Williamson (UK) - June 2013
音乐: Heatwave (feat. Ms. D) - Wiley : (Album: Now 83)



Start Dance 32 counts (14 seconds) from beginning of track

Cross Rock, Recover, Chasse, Cross, Side, Sailor Heel

1-2 Cross left over right, recover weight back on left
3&4 Step left to left side, step right besides left, step left to left side
5-6 Cross right over left, step left to left side
7&8 Sweep right behind left, step left besides right, right heel forward

& Cross, Side, Behind Side Cross, Rock, Recover ¼ Turn, Forward Shuffle

&1-2 Recover weight on right, cross left over right, step right to right side
3&4 Step left behind right, step right to right side, cross left over right
5-6 Rock right to right side, recover weight back on left making ¼ turn left
7&8 Step forward right, step left besides right, step forward right

Heel & Point & Point & Heel & Heel Switch, Heel Switch , ¼ Heel Switch, Heel Switch

1&2 Dig left heel forward, step left besides right, point right toe to right side
&3&4 Step right besides left, point left to left side, step left besides right, dig right heel forward
&5&6 Step right besides left, dig left heel forward, step left besides right, dig right heel forward
&7&8 Step right besides left, ¼ turn Left dig left heel forward, step left besides right, dig right heel forward

& Rock Recover, Back Shuffle, Rock, Recover, Full Turn

&1-2 Step right besides left, rock forward left, recover weight back on right
3&4 Step back left, step right besides left, step back left
5-6 Rock back right, recover weight on left
7-8 ½ turn left stepping back right, ½ turn left stepping forward left

Step, ¼ Turn, Cross Shuffle, ¼ Turn, ¼ Turn, Cross Shuffle

1-2 Step forward right, ¼ turn left
3&4 Cross right over left, step left to left side, cross right over left
5-6 ¼ turn right stepping back left, ¼ turn right stepping right to right side
7&8 Cross left over right, step right to right side, cross left over right

Side Rock, Recover, Behind Side Cross, Kick Ball Cross x 2

1-2 Rock right to right side, recover weight back on left
3&4 Step right behind left, step left to left side, cross right over left
5&6 Kick left to left diagonal, step left besides right, cross right over left
7&8 Kick left to left diagonal, step left besides right, cross right over left

Side, Hold, & Side, Touch, ¼ Turn, ½ Turn, Shuffle ½ Turn

1-2 Step left to left side, hold
&3-4 Step right besides left, step left to left side, touch right besides left
5-6 ¼ turn right stepping forward right, ½ turn right stepping back left
7&8 ½ turn right stepping forward right, step left besides right, step forward right

Rock, Recover, Chasse ¼ Turn, Cross, Back, Chasse

1-2 Rock forward left, recover weight back on right
3&4 ¼ turn left stepping left to left side, step right besides left, step left to left side

5-6 Cross right over left, step back left

7&8 Step right to right side, step left besides right, step right to right side

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